



Position statement: Rapid Onset Gender Dysphoria (ROGD)

March 4, 2021

Rapid Onset Gender Dysphoria (ROGD) is a term coined by Dr Lisa Littman in her 2018 study, *Parent reports of adolescents and young adults perceived to show signs of a rapid onset of gender dysphoria*.

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0202330>

We acknowledge that ROGD is not a diagnostic term as it does not appear in the Diagnostic Statistical Manual (DSM) as a subtype of Gender Dysphoria (GD). We don't believe it was Dr Littman's intention to establish ROGD as a medical diagnostic category of GD. Her study outlines parents' reports of a social phenomenon: young people, mostly teen girls, quickly adopting trans identities due to what they believe are peer and media influences, not because those teens have GD.

Some trans advocates have been quick to see ROGD as a weapon against the trans community. Some have interpreted the parents who report ROGD as being transphobic and unwilling to accept their trans kids. We have taken the liberty to speak with some of those parents and have found them to be reasonable and respectful people who love their kids and don't want to see them harmed by hasty medical interventions.

We understand that the reports and growing public concerns about ROGD poses significant questions for the affirmative-only model of care currently employed to treat GD. Affirmation means to support a person's identity without question, rather than do exploratory assessment and psychotherapy to find underlying dynamics and motivations. Identifying ROGD patients would require a return to a slower, more exploratory approach to care provision.

We do not see this issue as being us as "trans people" against them "the parents" who are voicing concerns. Many of us are parents so understand the parental duty to protect our kids from harm.

As members of society at large, although we have experienced GD ourselves, we believe parents should be heard. There have been enough parents voicing concerns to warrant an urgent investigation into ROGD and the redesign of GD treatment services to safeguard all children and youth. Blanket denials that ROGD is possible seems more politically motivated than evidence based. We're not aware of any evidence that disproves the phenomenon ROGD.

We do not believe it is transphobic to draw attention to this issue. The existence of ROGD does not diminish the realities of GD and those of us who live with GD. We would all benefit from more research about GD and more treatment options for it.

www.genderdysphoriaalliance.com

Evidence-based Education & Advocacy Network